

Purpose

The purpose of this document is to outline an action plan to promote self determination methodologies and philosophy, and to prepare for continued activities that make self determination a viable support option for persons with disabilities beyond the scope of the Robert Wood Johnson Foundation Self Determination Projects.

Activities that would promote self determination: Currently and in the future

- MR/RC Waiver training: support development and use of new amendments
- Technical assistance to counties through RRS involvement
- Development of a county resource tool kit
- Legislative changes (home care, DT&H, case management, housing)
- Data tracking, reporting and analysis
- Education - on-going
 - Methodologies for transitioning from one "system" to another
 - Roles and Relationships
 - Development of support groups for change (provider, consumer, county)
 - Building self sufficiencies for on-going education
 - Training in informed decision making
 - Training in building community connections and relationships
- Develop incentives for county self determination activities
 - FFP availability for counties with agreements with DHS to promote self determination
 - County support groups
 - Guardianship materials and technical assistance
- Coordinate with the Licensing Division as a resource for community contacts, services observations and implementation of the consolidated standards

Action Plan

- Part I - CSMD staff awareness and participation to promote self determination
- Part II - MR/RC Waiver amendment training and implementation
- Part III - Quality assurance and enhancement
- Part IV - Self Determination Project Activities

Part I-Goal

To increase CSMD staff awareness of self determination applicability in their every day work and to integrate current staff resources for self determination support

Activities:

#1. Staff will receive updates on self determination activities, identify current initiatives that support self determination, and promote self determination in their everyday work

Outcome: Staff will use methodologies learned from training and practical application to assist counties and stakeholders understand and apply self determination principles statewide.

Methodology

- a. Brown bag lunch sessions series (four sessions) developed to include self determination applicability to everyday work: "Not More Work... Just Different (exciting) Work", Changing roles and relationships, building self sufficiencies at the local level
- b. Division meeting update - to be scheduled by director
- c. Self determination as a way of life video- viewing set up several times
- d. One training session presented by Dennis Harkins, or Ruthie Beckwith (People 1st-Tennessee) or Tom Nerney with exercises and practical application of self determination changes being in the hands of professionals
- e. Staff participation in discussion groups with People 1st, Arc and persons involved with Minnesota's Self determination Project
- f. Regular updates will be provided to staff through the newsletter, e-mail, real stories, and highlights to look for on Web sites
- g. Staff to incorporate skills learned into individual section work plans with the assistance of their section supervisors.

Resources

- a. One self determination project staff
- b. Clerical assistance for arranging/scheduling
- c. Expenses coverage for guest speakers (approximately \$800 - \$1,000)
- d. Purchased videos - approximately \$100.00

Time lines:

- a. To be determined upon review and approval of the activity

#2. Staff will have opportunities to participate in planning/brainstorming session to generate ideas regarding the following questions:

- a. What are considered success markers for self determination?
- b. What role would self determination play in ICF/MR and Rule 53 redesign?

- c. What role does self determination have in managed care demonstration projects?
- d. What are incentives for utilization for self determination methodologies?
- e. What efforts are feasible to promote self determination for all disability groups
- f. What is needed to build self sufficiencies at the local level for education and promoting self determination principles for counties "new" to self determination?
- g. What are strategies for decreasing the labor intensity of self determination and yet still remain individualized?
- h. What are anticipated questions and responses to health and safety issues and risk taking with regard to self determination?

Outcome: Staff will become involved to share ideas regarding "tough" questions and to assist with developing action plans they will ultimately be involved with.

Methodology:

- a. Two retreat sessions: 1) brainstorming 2) developing feasible action plans from information generated

Resources

- a. Facilitator hired to assist with the sessions - Approximately \$1,000 - \$1,500
- b. Clerical staff time to arrange sessions
- c. Self determination project staff to work with the facilitator and Operations Team

Time Lines

- a. To be determined upon review and approval of the activity

Part II-Goal

To promote self determination for persons with developmental disabilities statewide

Activities:

- #1. Minnesota counties will receive training on the use of MR/RC Waiver amendments

Outcome: County agencies will receive information and technical assistance and will utilize waived services that support and promote self determination

Methodology:

- a. Key policy staff will develop waiver amendment implementation parameters, support/resource materials, and internal tracking and reporting methodologies.
- b. Training for county agencies and consumers/community members will be implemented in a "phase approach"

Phase I: One day training around the state (up to 8 locations). Training emphasis will include self determination, waiver amendment parameters, training regional staff, and incentives for county participation and the use of support materials

Phase II. Regional staff provide follow up training to counties interested and provide technical assistance for waiver amendment use

Phase III. Video conferencing series - 4 part series that would include practical application of waiver amendments, development of individual budgets, county roles and responsibilities, tracking and reporting. (The degree of success of Phase II will determine additional modules for the series.)

Phase IV. The CSMD division will assist counties interested in using self determination as a viable support methodology to do community connections training with consumers and community members

Resources

Phase I - Two Self determination project staff and/or others as assigned

Phase II. - Regional staff involvement - sessions and schedules to be determined

Phase III.- Self determination project staff and/or others as assigned

Phase IV - One policy staff and others as assigned

Costs Estimates:

Phase I - Approximately \$5,000 (using free sites and charging \$10 -15 fee to cover materials

Phase II - No significant out of the ordinary costs

Phase III - Approximately \$2,500

Phase IV - Travel costs,

Time lines:

Phase I - October 1998 and November 1998 sessions

Phase II - December 1998 through March 1999

Phase III - April through June 1999

Phase IV - On-going after June 1999

Part III-Goal

Division quality assurance and enhancement plans will be coordinated to support self determination and assist consumers with identifying quality for themselves.

Activities

#1. A workgroup or section as assigned will review current quality plans and look at similarities, duplication and links across all CSMD and related initiatives

Outcome: A functional quality assurance/enhancement plan will be implemented that has measurable and functional activities within the scope of resources available

Methodology

a. A workgroup or section as assigned will review the Quality Assurance Initiatives Plan (dated 1/8/98) and review the progress on activities to date

b. Areas with no action plans or limited progress will be referred to the Operations Team for consideration of an action plan

Resources

a. An ad hoc workgroup or section assignments for this activity representing all sections and the managed care demo

Time Lines

- a. Recommendations to the Operations Team for further implementation - August 20, 1998

#2 Self Determination Project counties will receive technical assistance for further implementation of their quality plans

Outcome: Quality plans and implementation "lessons learned" will be used as a model/framework for additional counties interested in self determination methodologies

Methodology

- a. Site visits by Self Determination Project staff to project counties
- b. Links with the Project evaluations- RWJF (HSRI, COA) and U of M will be on-going to enhance quality measurement and improvement.
- c. Research or develop a methodology for measuring quality that can be applicable for additional county use

Resources

- a. 1 Self Determination Project Staff

Time Lines

- a. Visits: August 1998
- b. Evaluation activities and data analysis on-going throughout the project

#3 Outcomes from activities 1 & 2 will be used as a framework for waived services amendment implementation to meet requirements for county outcome based quality assurance methods (See Part II, Activity # 1a)

[Jane to refine this section]

Part IV-Goal

The Self Determination Project will support all efforts to promote self determination through Project activities and parameters within the RWJF grant award.

Activities:

The following is a list of activities that are part of the Self Determination Project Design - funded by the Robert Wood Johnson Foundation

#1. A data tracking system will be developed to assist the state and counties track consumer individual budgets

Outcomes: A computer tracking system will be user friendly, have the capacity to link with other state data systems, have menu driven report options and promote the use of individual budgets.

Methodology

Contracted services

Resources

Self determination staff and RWJF funds

Time Lines

Completion November 1998

#2 Resource materials will be developed in the areas of consumer labor law issues, housing, and community connections and additional consumer issues

Outcome: Consumers, counties, providers, families and other interested parties will use resource materials developed as part of the RWJF Project design to assist them with aspects of self determination.

Methodology

Contracted services

Resources

Self Determination Project staff and RWJF funds

Time Lines

Duration of the Project

3 A county resource tool kit will be developed to assist counties new to self determination begin to plan and implement self determination methodologies/philosophy.

Outcome: County agencies interested in self determination will use the tool kit to plan for and address change needed at the local level.

Methodology

Contracted and CSMD staff to develop

Resources

Self Determination Project staff and RWJF funds

Time Lines

Duration of the Project

Additional areas to be included in this draft - but not completed at the time of printing.

Cultural diversity contract

Evaluation

Guardianship - informed decision work

Support of legislative activities

Housing activities

General information packets

Education plans